

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application.

1. A biofeedback system in a computer network for treating stress in a user of the computer network comprising:

a program controlled computer coupled to the computer network for executing a program to generate a modifiable schedule of stress reduction exercises personalized to the user and which stress reduction exercises are to be performed by the user interactively through use of the computer, the computer receiving biofeedback input from the user, the program controlled computer monitoring compliance by the user with the schedule of stress reduction exercises, the schedule being modifiable according to the compliance of the user with the schedule, according to the performance of the user in the stress reduction exercises, according to situational events to which the user is subjected, according to biofeedback from the user during performance of the stress reduction exercises or at times other than during the performance of the stress reduction exercises, according to information input into the computer by the user relating to personalized stress characteristics of the user, and/or according to information input into the computer by the user relating to personalized stress related history of the user, and

at least one sensor to sense body stress signals from the user to provide the automatic biofeedback input to the computer, the body stress signals being communicated to the computer.

2. – 9. (cancelled)

10. The system of claim 1 further comprising a remote server hosting the program.

11. The system of claim 10 wherein the program is downloaded by the user from the remote server via the computer network and is run on the computer.

12. The system of claim 10 wherein the program is run directly from the remote server via the network.

13. A method of reducing stress using a computer network comprising:

automatically inputting personal stress factors relating to a user from sensors through a user's client computer coupled to the computer network;

receiving body stress signals from the user through the user's client computer;  
and

generating a modifiable schedule of stress reducing exercises personalized to the user and to be performed interactively by the user by use of the computer based on the personal stress factors relating to the user;

monitoring compliance by the user with the schedule of stress reduction exercises on the user's client computer; and

modifying the schedule according to the compliance of the user with the schedule, according to the performance of the user in the stress reduction exercises, according to situational events to which the user is subjected, according to biofeedback

from the user during performance of the stress reduction exercises or at times other than during the performance of the stress reduction exercises, according to information input into the computer by the user relating to personalized stress characteristics of the user, and/or according to information input into the computer by the user relating to personalized stress related history of the user.

14. – 21. (cancelled)

22. The method of claim 13 wherein the schedule of stress reducing exercises personalized to the user is generated on a remote server coupled through the computer network to the user's client computer.

23. The method of claim 13 wherein the schedule of stress reducing exercises personalized to the user is generated on the user's client computer.

24. The method of claim 14 wherein monitoring compliance by the user with the schedule of stress reduction exercises on the user's client computer is performed on a remote server via the computer network.

25. (new) A biofeedback system in a computer network for treating stress in a user of the computer network comprising:

a program controlled computer coupled to the computer network for executing a program to generate a dynamically modified schedule of stress reduction exercises

personalized to the user and which stress reduction exercises are to be performed by the user interactively through use of the computer, the computer receiving biofeedback input from the user, the program controlled computer monitoring compliance by the user with the schedule of stress reduction exercises, the schedule being modified according to the compliance of the user with the schedule, user's stress status, and/or user performance, and

at least one sensor to sense body stress signals from the user to provide the automatic biofeedback input to the computer, the body stress signals being communicated to the computer.

26. (new) A method of reducing stress using a computer network comprising:

automatically inputting personal stress factors relating to a user from sensors through a user's client computer coupled to the computer network;

receiving body stress signals from the user through the user's client computer;  
and

generating a modifiable schedule of stress reducing exercises personalized to the user and to be performed interactively by the user by use of the computer based on the personal stress factors relating to the user;

monitoring compliance by the user with the schedule of stress reduction exercises on the user's client computer; and

modifying the schedule according to the compliance of the user with the schedule, user's stress status and/or user performance.